

NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP)

JULY 2014



PRESCRIPTION FOR DISCHARGE Q&A

Q: What is the Prescription for Discharge Campaign?

A: The primary focus of the campaign is to educate Sailors and their family members on the safe and proper use of prescription drugs, and the health and career risks of misuse. Although prescription drugs are a legal, safe method of treating injury and illness when taken as prescribed by a physician; improper use is both illegal and dangerous—and in some cases deadly. The campaign features four primary steps for the proper use of prescription drugs: **1. Take correctly, 2. Report promptly, 3. Dispose properly, and 4. Never share.**

Q: What is the Navy's official policy on prescription drug abuse?

A: The Navy's zero tolerance drug use policies explicitly prohibit wrongful use of prescription drugs and require Sailors with legitimate prescriptions to self-report. For more information, see OPNAVINST 5350.4D (04 June 2009) and NAVADMIN 334/13.

Q: What is the proper way for Sailors to report prescriptions?

A: Sailors are responsible for self-reporting their current use of prescription drugs to Navy Medicine and their command, particularly if they received their medications from a civilian doctor or dentist. Sailors who test positive for prescription drugs without a current, valid prescription will be subject to disciplinary action and may be processed for administrative separation from the Navy.

Q: How can Navy personnel support the campaign?

A: To promote the safe and proper use of prescription drugs, leadership talking points and a medical provider toolkit are available on the Navy Alcohol and Drug Abuse Prevention (NADAP/OPNAV N170A) website at <http://www.nadap.navy.mil>.



Q: What types of campaign resources are there?

A: Sailors will have access to print materials, such as fact sheets, posters, flyers, and table tents; digital media including a website and public service announcements (PSAs); and interactive media, including an interactive training video and social media. Visit www.nadap.navy.mil to order materials today.

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A CLOSER LOOK: HOLDING YOUR LIQUOR HOLDS A WARNING

To feel relatively unaffected by a given amount of alcohol—the ability to “hold your liquor”—is a source of pride for some people. For them, it takes quite a few drinks to get a buzz—and they show little effect even when others get groggy despite drinking at the same pace. Often people are unaware that this “low level of response” to alcohol doesn’t offer protection from alcohol problems, but instead, it’s a reason for caution. These individuals tend to drink more, socialize with people who drink a lot, and develop a tolerance to alcohol. **Many studies confirm that they have an increased risk for alcohol use disorders (AUDs).** The good news is, if these individuals become aware of the risk and drink only in moderation, they can avoid harm.

A low level of response to alcohol at any given blood alcohol concentration (BAC) seems to be an innate, genetically influenced trait that reflects a biological variation in how the brain responds to alcohol. It shows up early, in young people who have just begun to drink, long before alcohol-related problems start. It may be different from a chronic tolerance to alcohol, which develops over time as the brain and body adapt to ongoing drinking.

Investigators have used two main routes to explore individual responses to alcohol: measuring reactions at different BACs in laboratory settings and using questionnaires about the number of drinks it takes to feel a range of effects. The lab research has helped to validate the questionnaires while clarifying a biological basis for different alcohol sensitivities, including variations in central nervous system hormone levels; brain-wave patterns; and, most recently, functional brain images. After identifying people with different levels of response to alcohol, researchers followed up over several years to see who had and had not developed alcohol-related problems.

More than 30 years of research confirmed that people with a low level of response to alcohol—particularly its sedating effects such as slurred speech, unsteadiness, and passing out—have an increased risk for escalating alcohol use and AUDs later in life.

Importantly, alcohol sensitivity is an early warning signal that can shape prevention approaches. A pilot program for college students with a low level of response to alcohol has shown promise in reducing drinking in this high-risk group. In addition to making students aware of their increased risk, the program taught them ways of countering unhelpful alcohol-related peer influences and managing their expectations, as well as coping strategies. The researchers hope this pilot encourages more efforts to test this and other interventions that target traits which predispose people to alcohol problems.

For more information visit NIAAA Spectrum at

<http://www.spectrum.niaaa.nih.gov/a-closer-look/Default.aspx>

KEEP WHAT YOU'VE EARNED MATERIALS AT NLL

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at www.nadap.navy.mil.

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029

IS HOOKAH SMOKING SAFE?

Most people think hookah smoking as a safer alternative to other forms of smoking because the hookah smoke is filtered through water before it is inhaled. **But recent studies have found that smoking from a hookah is just as dangerous as smoking a cigarette.**

Hookah smoking involves more nicotine than cigarette smoking because of the massive volume of smoke and inhaling during hookah smoking.

There is a strong belief that the water in the hookah filters out all the “bad stuff” in the tobacco, but it’s completely a nuisance. **A study done by the World Health Organization (WHO) showed that one hookah session of a mere few hours can deliver as much smoke into your lungs as 100 cigarettes. In fact, hookah smokers get more smoke than cigarette smokers.**



Cigarette smoke is uncomfortably hot if a smoker inhales it deeply. Hookah smoke has been cooled by its passage through the water. The smoker has to inhale hard to pull the smoke through the hookah. By this the hookah smoke goes deep to the lungs. During a typical hookah session, the smoke deposits huge volumes of smoke into the lungs.

What the Studies say about Hookah Smoking?

- Research indicates hookah smoking can be even more harmful to health than cigarette smoking.
- Hookah smoke has a higher level of heavy metals and carbon monoxide than cigarette smoke because of the charcoal which is burned on top of the tobacco mixture.
- Smoking 50 tobacco cigarettes is equivalent to 45-minute of hookah smoking.
- Smoking a hookah for 45 minutes means consuming tar equivalent in 20 tobacco cigarettes.
- The amount of cellular chromosomal damage produced inside the mouth in hookah smoking is the same as that seen in cigarette smoking.
- The WHO advisory states “water-pipe smokers inhale more smoke resulting in more exposure to cancer causing chemicals and hazardous gases such as carbon monoxide. Water-pipe smokers and secondhand smokers are at risk for the same kinds of diseases as are caused by cigarette smoking, including cancer, heart disease, respiratory disease and adverse effects during pregnancy.”

Bottom line, almost every method of making smoking safer is mere nonsense. The only way to totally reduce the chances of fatal diseases caused by smoking is to quit smoking completely.

What Hookah Smoking Does To Your Health?

The American Lung Association (ALA) identifies hookah smoking as a major health risk. The following are the health risks of hookah smoking:

- Lung cancer, oral cancer,
- Gastric and esophageal carcinoma,
- Impaired pulmonary function,
- Heart disease,
- Reduced fertility,
- Low birth weight of the babies, and
- Hepatitis or herpes (caused due to the sharing of hookah among smokers).

Did You Know: A cigarette may last 5 minutes, but a normal hookah session would last 30 minutes. According to a study, a single hookah session may deliver:

- 36 times the tar produced by cigarette,
- 1.7 times the nicotine produced by cigarettes,
- 8.3 times the carbon monoxide produced by cigarettes
- 1 hour of hookah session can deliver 50 liters of smoke; whereas, a single cigarette delivers only 0.5 liters of smoke

What are the Dangers of Sharing in Hookah Smoking?


Hookah smokers can use their own mouthpiece while smoking the hookah communally. However, sometimes they share the mouthpiece. Sharing of the single mouthpiece can spread diseases such as herpes, hepatitis, and tuberculosis.

Hookah smoking is not a harmless form of smoking. It can be as dangerous as cigarettes. The long-term consequence of hookah smoking would be increased dependency. A younger generation who innocently try hookahs as a safe means of smoking, can become addicted. They can further switch to cigarettes as they can be carried around easily. All of this proves hookah smoking cannot be dismissed as safe alternative. Hence, it always helps to stay away from a hookah.

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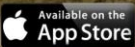

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DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED
www.nadap.navy.mil

WHAT DOES IT MEAN WHEN SOMEONE SAYS THEY WERE “BLACKOUT DRUNK?”

How does a blackout differ from “passing out” after drinking, and what are the possible dangerous effects of drinking enough to blackout?

Blackouts are periods of amnesia during which a person actively engages in behaviors like walking and talking but does not create memories for these events as they transpire. This results in missing periods of time in the person’s autobiographical record. Blacking out is quite different from passing out, which means either falling asleep from excessive drinking or literally drinking oneself unconscious.

All blackouts are not the same and are distinguished by the severity of the amnesia. The most common form of blackout involves spotty memories for events, with islands of memories separated by missing memories in between. Full and complete amnesia often spanning hours or more is known as an en bloc blackout. With this severe form of blackout, trying to fill in the missing pieces typically is fruitless.

It seems that alcohol produces blackouts by shutting down circuits that involve the hippocampus, a brain area which plays a central role in consolidating memories for what happens in our day-to-day lives. By interfering with how these memory circuits work, alcohol creates a void in the record-keeping system.

During a blackout, the ability to remember things that happened before the blackout typically is spared. Because of this, even in the midst of a blackout, a person can carry on conversations and even tell stories about events that happened years ago or earlier in the evening while they were intoxicated but not yet in the blackout. Outside observers typically are unaware that an individual is in a blackout. **Depending on how much alcohol the person drank and how impaired other brain functions are, a person in the midst of a blackout could appear incredibly drunk—or not overly intoxicated at all.**

Anything a person can do while they are drunk and not blacked out they can do while they are blacked out—they just won’t remember it the next day. **Depending on how impaired the brain regions involved in decision making and impulse control are, the missing events could range from mundane behaviors to dangerous and traumatic events like driving a car, getting into a fight, or committing—or being the victim of— a sexual assault or other crime.**

Blackouts aren’t necessarily a sign of a problem with alcohol, but they are always a reason for concern and should prompt a person to consider their relationship with alcohol.

For more information visit NIAAA Spectrum at <http://www.spectrum.niaaa.nih.gov/features/light.aspx>

Factors that can increase one’s risk of blacking out:

- Drinking in ways that cause one’s blood alcohol concentration (BAC) to rise quickly and reach a high level. The BAC rises quickly when lots of alcohol gets into the bloodstream at once. This could mean drinking on an empty stomach, doing shots, chugging alcoholic beverages, or all three.
- Being a female is also a risk factor for several reasons. Females are more likely to drink on an empty stomach than males, and they tend to drink beverages with higher concentrations of alcohol than beer, such as mixed drinks, shots, and wine. From a biological standpoint, they reach higher BACs than males after each drink as a result of differences in the amount of water in the body.
- In all cases, the best predictor that a drinker will black out is that they have blacked out before. Some people seem to be very susceptible to blackouts, whereas others are relatively resistant to the serious effects of alcohol on memory.

NAVAL CONSTRUCTION BATTALION CENTER REMINDS SAILORS TO DRINK RESPONSIBLY

By UTCN Alicia K. Fluty, NCBC Gulfport Public Affairs

Navy leadership coast to coast is hosting “Keep What You’ve Earned” (KWYE) summer safety events to remind Sailors that drinking responsibly is a key element to having a safe summer.

On July 1, Naval Construction Battalion Center (NCBC) Gulfport hosted its own summer safety event featuring a photo booth at the base’s Navy Exchange where Sailors could get their pictures taken with speech bubble props showing a personal reason for choosing to drink responsibly. Some of the reasons Sailors indicated why they choose to drink responsibly included: **family, health and career.**

“Drinking responsibly saves lives,” said Chief Yeoman Rhonda Pearson, assigned to Navy Cargo Handling Battalion (NCHB) 13. “You have to protect your family, protect those around you, have a designated driver and whenever you go out don’t be careless when you are drinking.”

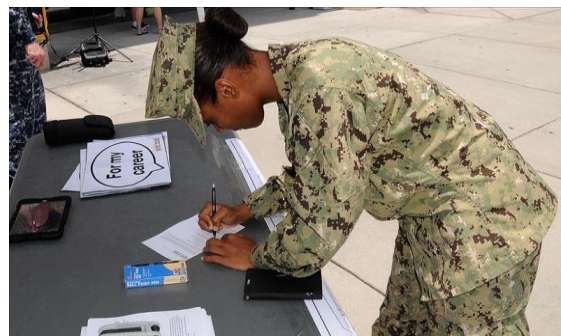
After getting their photos taken, Sailors signed a “Play to Live” pledge to commit to practicing responsible drinking habits this summer, and others at NCBC Gulfport continue to do so as word gets out. **To take the “Play to Live Pledge,” visit <http://www.surveymonkey.com/s/SummerPledge2014>**

“Irresponsibly drinking can lead to the destruction of your career, your family and everything else that is important to you,” said Equipment Operator 1st Class Christopher Harrison, assigned to Naval Construction Group (NCG) 2.

To further promote their “Keep What You’ve Earned” message directly to Sailors before the holiday weekend, NCBC Gulfport KWYE campaign committee members held signs along the outbound lanes of the Pass Road Gate reminding Sailors of their accomplishments and how much they have to lose if they make poor choices regarding alcohol.

“I really like the Keep What You’ve Earned message,” said Chief Mass Communication Specialist Ryan Wilber, NCBC Gulfport KWYE Campaign coordinator. “Every Sailor has worked hard for the things they have earned in the Navy, and I am happy to be part of a campaign to remind them not to let an irresponsible decision or abuse of alcohol take away those achievements and destroy their success.”

For more information on how to host a summer safety event at your installation, you can access materials and resources from the NADAP website at: www.nadap.navy.mil.



Have a story or event to share? We want to hear about it! Please submit your story by emailing sara.sisung.ctr@navy.mil

SUMMER SAFETY FOR DEFY CAMPS

From tug-of-war to picnics to sing-a-longs -- DEFY camps offer fun and exciting things to offer kids freed from school and homework during the long, hot summer months. But watch out for the heat. Here are a few ways to stay safe this summer:

- **Apply sunscreen early and repeat.** Sunscreens with a Sun Protection Factor (SPF) of 15 or greater reduce the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure, so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat or dry off with a towel. For most users, proper application and reapplication are more important factors than using a product with a higher SPF.
- **Cover.** Dress in protective clothing and hats. Clothing can be an excellent barrier of ultraviolet rays. Many light-weight sun-protective styles cover the neck, elbows and knees.
- **Plan early morning play.** Plan outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.) as much as possible. Sound impossible for your active kids? Make sure you all can get a break from the sun, when needed.
- **Beware of shade.** Many people think sitting in the shade is a simple sun compromise. Shade does provide relief from the heat, but it offers parents a false sense of security about UVR protection. You can still sunburn in shade, because light is scattered and reflected. A fair-skinned person sitting under a tree can burn in less than an hour.
- **Stay hydrated.** To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity and take mandatory fluid breaks (like many day camps require). Kids during activities and kids over 90 pounds should drink nine ounces every 20 minutes.
- **Warning signs** of dehydration include thirst, dry or sticky mouth, headache, muscle cramping, irritability, extreme fatigue, weakness, dizziness or decreased performance. Dehydration doesn't occur all at once; it is cumulative. Remember, all forms of heat injury require an Incident/Injury Report.



DEFY SITE VISITS

DEFY site visits are underway. DEFY Program Office staff are there to help you make your program successful. Inspection forms are provided to the chain of command prior to any visits to ensure they are aware of the visit and are engaged. Visits are opportunities to ask questions, pick our brains, and provide feedback. Information obtained during site visits help maintain program materials, guidance, and focus training on required areas.

